

Sexual intercourse

Provided that there is no swelling or bruising and there is no pain in the groin area, sexual intercourse may be resumed two weeks after surgery.

Ability to work

In the case of activities which do not place your body under physical strain, you should be deemed able to work upon discharge from hospital. Activities which place physical strain on the body should be avoided for two to four weeks.

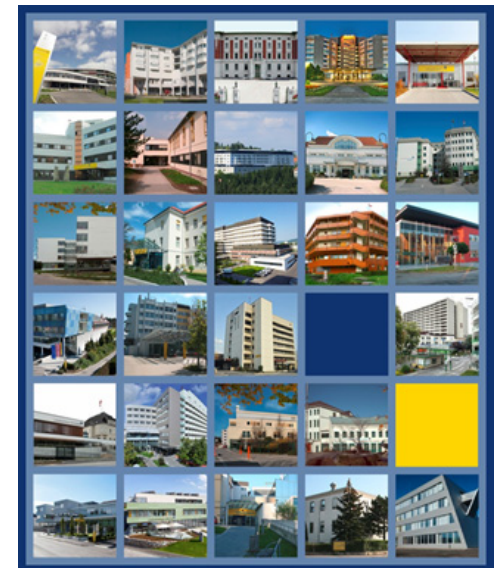
In the case of fever (temperature above 38 °C), swelling, pain and redness at the wound site or abdominal pain with bowel movement complaints (constipation or diarrhoea), you should visit a doctor or our outpatient clinic without delay.

We hope to have answered all your potential questions with this information and wish you a speedy recovery.

Your surgical team

Surgery

Discharge information



Behaviour after hernia surgery

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Dear Patient,

Further to our discussion at discharge and the doctor's letter, we would like to provide you with some more information relating to the time after your stay in our department.

We would like to make you aware that there are various different surgical techniques which may be used in the case of hernia surgery and different specific precautions are recommended depending on which technique is used. You will find out about these from your surgeon. There are however some general guidelines that we would like to outline to you:

You should avoid lifting and carrying loads greater than 5 kg for two to four weeks.

Sporting activities are possible after two to four weeks and can be increased according to your personal well-being.

Important general information

Removal of stitches

The stitches, staples or Steri-Strips will be removed on medical advice, generally eight to ten days after surgery. If dissolving stitches are used, the plaster may be removed by the patient independently approx. one week after surgery.

Postoperative pain

As a basic principle, postoperative pain may vary from patient to patient in terms of intensity and duration. Slight swelling of the wound site with tightness and low bruising may occur; however, any postoperative pain should have eased at the latest three weeks after surgery.

Nutrition

In principle, no specific diet is required after hernia surgery; for stool regulation, we recommend a healthy diet with exercise and sufficient fluids, and possibly a mild laxative.

Personal hygiene

Showering is possible from the second day after surgery. However, the wound area should only be cleaned with water, and no soap. Please discuss the use of waterproof bandages with the doctor treating you. Full baths should be taken at the earliest after the stitches are removed. In principle, no specific scar treatment is required; however regularly applying a skin care cream can greatly aid the healing process.